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# Basic Turpentine Protocol

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2017-2019

Excerpt from the book:

The Turpentine and Terpenes Bible by Karl Wagner and Victoria Sanz

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English Translation by Andrea Santiago Acevedo

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*The Turpentine and Terpenes Bible, by Karl Wagner and Victoria Sanz.*  
[www.trementina.org](http://www.trementina.org)

This way, people will be able to access the full information, in the event that only part of the protocol is published.

### **Warning!**

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Turpentine is a product obtained from distilling the resin produced by pine trees.

Utilize always natural vegetable turpentine, distilled from pine tree resin and free of chemicals.

It can occasionally be found under the name "aguarrás." If so, verify that it is a pure pine resin distillate, and that it does not contain any additional chemical additives of any kind.

Typically, the "aguarrás" (turpentine) used as a diluent is a petroleum distillate, so verify with the merchant and ask for the specifications from the manufacturer.

Please take the time to read this protocol in its entirety several times, as it is very simple and every question you may have after reading it are already answered in it. Therefore, you should dedicate time to it and re-read it every so often. With each read, you can discover new things you missed before. If you still have doubts afterwards, feel free to ask in the groups.

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## TURPENTINE FIELD OF ACTION

This marvelous distillate from pine tree resin has the capacity to eliminate uni and pluricelular parasites, all types of yeasts and fungi (candida), bacteria, viruses, protozoa, lice, cancerous cells, regulates osteoclasts (i.e. cells responsible for bone degeneration in osteoporosis) action, eliminates heavy metals and more. In addition, it has the particularity of promoting cell regeneration.

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***Turpentine has antifungal, antiseptic, antibacterial, antimicrobial, insecticide, pesticide, antioxidant, sedative, anti-inflammatory and analgesic properties, and others.***

***Turpentine essential oil and its two main volatile compounds are natural products that do not present any danger when utilized in small quantities. They have a series of properties, beneficial for health and wellness and can be used in the pharmaceutical and cosmetic industries.***

***Excerpted from the publication in the International Journal of Occupational Medicine and.***

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Environmental Health 2009; 22 (4): 331 - 342 DOI 10.2478 / v10001-009-0032-5  
Studies by researchers Beatriz Mercier, Josiane Prost, Michel Prost, of the  
University of Burgundy, Dijon, (France) - France, Faculty of Life Sciences

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The first thing we must do before we start using Turpentine is change the concept we've had up until this point of the antiparasitic treatments we know.

If all of this is unknown to you and these subjects are new to you, perfect! No problem.

If you've spent some time reading or performing deworming protocols, this will be different and shocking. As such, it is necessary to maintain an open mind.

Now more than "doing", you have to "stop doing", as many sick people have spent years doing so much, in an almost automatic manner, to eliminate all sorts of pathogens from the body, that their mind may reject this information.

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The basis for this work is the more than 30 years of experience of Dr Daniels, Mike Witort, Bill Thompson and others, treating problems of parasites and yeast successfully with this ancient remedy: Turpentine. The work has also been enriched by the information we have been meticulously gathering, since Turpentine is a product that has been in use for centuries across all the corners of the globe.

## To begin

Let's start by knowing that disease-inducing pathogens live within our bodies in perfect symbiosis. Pluri and unicellular parasites, bacteria, viruses, fungi, heavy metals and the like, need each other. They are like russian matryoshka dolls, living within each other.

To get an idea, imagine that the largest parasites are the multicellular ones (such as rope worms, pinworms, ascaris and tapeworms). Within these live unicellular parasites, within these, bacteria and within those, viruses. Then there are fungi living around the pluricellular parasites, and then heavy metals around the fungi and pluricellular parasites.

So if you have -for example- herpes, you should treat the virus locally and deworm, because if there is a herpes virus, there is a parasite that it used as a vessel. If you have candida, eliminate candida and deworm, because if there is candida, there is very likely to be parasites as well. It is so with most diseases.

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## First Basic Concept to Modify

We are not going hunting to "kill" parasites. In a much more subtle way, we are going to kindly invite them to leave the body. We don't kill parasites with turpentine essence, but rather, create a hostile atmosphere in the body and they decide to leave the body on their own. Let's say that turpentine essence is more of a "repellent".

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Since they do not die in the organism they're inhabiting, they don't release toxic substances or other pathogens, or the eggs they may be carrying that may hatch shortly. That in turn greatly reduces the Herx effect or the crises that usually occur with parasite death and parasite reinfestation, as we have cut the reproductive cycle.

At the same time, by not dying, they leave the body with all their "baggage", where the heavy metals are. Therefore, there is no need to do chelation treatments with this protocol.

## The escape route

Before "inviting them to leave" we must prepare the escape route and avoid the possibility of them becoming lodged in the intestines.

To facilitate a quick escape you have to clear the road, that's why it's essential to empty both the large and small intestines during the three days before you begin to ingest the turpentine, and leave the walls well hydrated.

If we do not do so, the parasites can grab onto any substance remaining and attach themselves again. We don't want that, since they cause swelling, discomfort and will delay the work.

To achieve that deep cleansing, you should achieve three daily defecations daily for three consecutive days. That ensures that both intestines get cleaned out properly. Three defecations daily are based on the assumption that the person eats three

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meals a day, but we understand that a sick person tends to have difficulties in that area and over time we have been able to see that many people have found it impossible to defecate consistently three times a day, which meant that they have spent a month or two trying to prepare and been unable to start.

So keep in mind that while three daily defecations are ideal, twice a day is acceptable, or even just one if the person is experiencing serious issues with constipation. Always think of Turpentine as a "repellent" that makes pathogens seek to leave the body. They do not volatilize on their own, so the cleaner and emptier the intestines, the better the process will go.

You can use any laxative that works well for you: magnesium (chloride, carbonate, citrate), slippery elm, senna infusions, increasing consumption of fruits, vegetables or liquids high in fiber or anything else you may habitually use for the laxative effect. If the regular remedies are ineffective, you can resort to the occasional enema with a little warm water and oil.

Attention! For this protocol, enemas in children are discouraged, since they do lose nutrients as a result. They are only used occasionally if necessary.

If during the protocol you feel unwell, do not evolve or if the child becomes upset, they must defecate more. If they can't, you must space out the ingestion of turpentine until they manage to empty out the intestines..

**If you do not achieve at least a daily defecation, you are not ready to begin. Do not start taking turpentine. Spend more days looking for the right combination of laxatives that work well until you achieve it. If you do not achieve three daily defecations for three days but manage two daily defecations four or five days consecutively, you may begin**

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## Stop using deworming products

For the proper functioning of this protocol we must let the turpentine act alone, and not overload the intestine with products that hinder the output of the parasites.

We do not kill parasites, we do not help deworm with anything, either with chemicals, or with natural or electronic products of any kind. Turpentine should act alone..

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## It is not necessary to deworm on the full moon

With other protocols it is so because they act only at the intestine level and we have to wait until they migrate there. In turpentine's case it is different, since it acts throughout the body, therefore it reaches everywhere that parasites (fungi, bacteria, viruses, heavy metals, etc) are present. They may be closer or farther from the "exit door" and they may take longer or less to exit, but they still end up exiting the body.

In the case of deworming on the full moon, it is better to start three days beforehand.

Keep in mind that turpentine eliminates candida very very effectively. The candida surrounds the parasite and protects it. As we eliminate it, the parasite will be left unprotected and more exposed to the turpentine, which acts as the "repellent"

## We must stop being hyper-methodical

In this we have no preference of times or dates, or a particular order. It can be taken at any time of the day or night, it is not needed to wait for a period of inactivity or space it out between anything. It is not recommended to take it before bed, in case it induces vomiting. This recommendation is not only due to the turpentine, but also with anything new we may ingest.

So relax and enjoy this simple and effective treatment.

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## Monitor electromagnetic activity

It is already explained in another chapter of this book. Parasites and candida particles are loaded with heavy metals. Those metals work as "antenna" so the "tenants" can be guided by the lunar cycles. In addition, it favors the reproduction of candida 600 times more than under a radiation free environment.

These metals function as receiving antennas and capture large amounts of electromagnetic waves. So people loaded with heavy metals are especially sensitive to electromagnetic activity: wifi, tv, broadcast antennas, refrigerator, microwave, etc. Even on stormy days or if standing for hours at Hartmann line crossings.

Monitor the position of the bed and try to maintain your home or the places where you spend a lot of time clean of that activity. If you spend a lot of time playing on the phone or tablet, try to put it in "airplane mode" or turn off the wifi, so it does not interrupt regular phone activity.

## Diet

Everyone is free to follow whatever diet best suits them, but if asked, we recommend a paleo diet. It is great for the whole family. We consider it a style of eating more than a "diet", which will become very easy to maintain over time.

It is also free of gluten, sugar, casein, lactose, etc, and very healthy and simple for the day to day of any family. So when the child or adult improves, they may continue eating paleo, as it is a very clean, well balanced way to eat. We recommend to eat as natural and clean as possible.

Remember that most of the antiparasitic work will be done by turpentine, so there's no need to restrict food for fear of "feeding the parasites".

We also recommend doing the protocol as a family, because if an individual is having problems with parasites, it is more than likely the rest of the family is as well. In the case of autism it is also a way to accompany the child and for them to feel more integrated.

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## We do not supplement with anything.

Here, the best supplement is your diet itself. If we are treating a case of autism, remember we are dealing with children in their growth phase and they should not undergo any nutritional deficiencies. So you have to look for the most balanced, natural and organic diet possible, avoiding all manner of processed and known unhealthy foods.

Some supplements can be taken after a few months of cleansing, if there is need for them. If treating children, remember it is ideal that children under 8 years old be supplemented with proper nutrition and no synthetic products. Remember that turpentine also promotes cell regeneration, and the best and most effective work is what the body itself is going to do naturally

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## Advice in the case of autism

It is recommended that parents begin the protocol before the child. First, to cleanse themselves because if the child has parasites and candida, he has received them from the mother, and perhaps the mother received them from the father. As a result, it is more than likely for the rest of siblings, if any, to also have parasites and candida. If there are pets, they are the first to which turpentine should be given, since parasites look to dogs and cats to get to us.

Second, parents must test the protocol to be able to assess and understand the possible effects the child may be experiencing.

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## LET US BEGIN!

Always use natural vegetable turpentine distilled from pine tree resin, free of chemical additives.

### Before beginning the process

First you must cleanse the intestines well by defecating several times daily (ideally three if you eat three times a day)

Examples of what you can use:

- Magnesium, whatever amount needed to achieve ideal bowel movement amounts
- Slippery Elm
- increased water intake, minimum of 1 liter for every 30kg
- senna leaves
- prunes or laxative foods
- sea water
- aloe vera
- olive or coconut oil

Any of these or other options should help you increase your daily bowel movements. One of the reasons we noticed we should improve the protocol is because people were having trouble reaching three bowel movements a day and were taking up to a month trying to do so or simply stopped altogether.

Bear in mind that the key to recovery is going to be in what will be successfully removed from the body and that the more bowel movements you achieve, the faster the healing will be achieved.



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If while doing the protocol you only experience one bowel movement a day and you feel discomfort, irritation or itchy skin, bloating, etc, taking a laxative and emptying the intestine will help remedy that.

## During the process

When you start cleansing your body, you should experience as many bowel movements as possible. Ideally it should be three if you eat three meals a day. I repeat, if you defecate less and during the process feel any discomfort, defecating more is the solution.

We have to open the door for the "guests" to leave, if it does not open, they don't come out. They can create a big ball in the intestine and die inside, releasing toxins that can cause Herx reaction, or release bacteria and viruses that can cause things like a herpes outbreak if you've experienced them before.

You must drink a lot of water.

If you see that you're not having regular bowel movements, you should take some time to reassess the laxatives that best suit you or try a combination of several. There are many natural options.

If you still experience difficulties, you can do an enema to empty your bowels while find your ideal laxative. When your bowels are clean, you will not need any external help, and will manage to defecate after almost each meal.

The continuous use of enemas is not recommended.

Avoid consuming all sugar (food/drink) and alcohol



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## Ways to take essence of turpentine

It can be taken orally or topically (sole of the foot and pulse points), being an essential oil, it penetrates quickly through the dermis and goes straight into the circulatory system. Topical and sublingual routes go straight to the blood. Oral route passes through the digestive tract, reaching the esophagus, stomach, intestine etc.

## Recommended dose

\* 1 ml is equivalent to 24 drops (approx)

### ADULTS:

**Topical route:** recommended amount 12 drops. Do not exceed 48 drops.

**Sublingual:** Maximum 12 drops

**Oral route:** 2 ml (48 drops) max. per day. With water, juice, etc.

### CHILDREN:

**Topical route:** 1/4 of their weight (ex: 20 kg = 5 drops)

**Sublingual:** 1/4 of their weight. (Ex: if they weigh 20 kg the dose is 5 drops maximum)

**Oral route:** 1 drop per kilo (maximum 48 drops) With water, juice, etc. (eg: if the child weighs 20kg, takes 20 drops, if they weigh 60kg, it takes 48 drops since it is the maximum)

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## How to begin taking it

Ideally, start with the minimum dose and gradually increase. This way we test turpentine tolerance, since not all the products are made the same. In doing so, we will also be cleaning the organism slowly to avoid uncomfortable detoxification effects.

It doesn't matter if you take turpentine topically, orally or sublingual, you should always start with a minimum dose and increase until you verify what your ideal dose is.

Once we confirm our ideal dose or we reach the recommended dose, we move on to use turpentine two days a week separated by three days.

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## Phase 1: Adaptation - Tolerance.

Here we are going to measure personal tolerance and cleanse very slowly. Put the minimum amount of turpentine topically, on the sole of the foot. You may also apply to pulse points if desired. Increase one or two drops every day until you reach the desired dose. For an adult, up to 12 drops; For a child, drops that correspond to 1/4 of their weight (ex: 20 kg child = 5 drops)

It doesn't matter if it takes 4 days or 12 days to reach the corresponding dose. When you reach 12 drops continue for a few weeks (whatever feels comfortable) applying turpentine two days a week separated by three days. I.e. Monday and Friday.

If you feel uncomfortable with a certain amount, lower the dose and note that amount as your ideal dose. You can try to increase at another time when your organism is cleaner. There is no stipulated time to devote to this phase.



Remember:

first several days in a row of adaptation and then two days a week with your ideal dose

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## Phase 2: Sublingual dose

Once you have completed phase 1 of adaptation and want to move forward, you can begin taking a sublingual dose. We also start with a minimum dose of one drop and we increase by one or two drops a day to check tolerance and comfort.

Put the drop of turpentine under your tongue, leave a minute, and an additional minute more while swishing in the mouth and mixing with saliva. Swallow and drink a lot of water.

The maximum dose for an adult is 12 drops, but if with 5 you feel discomfort or irritation, lower to 4 drops and mark that amount as your ideal dose. It can increase after a few days.

It doesn't matter if it takes 4 days or 12 days to reach the ideal dose. When you reach 12 drops (or your ideal dose) continue for a few weeks (whatever is comfortable) taking turpentine two days a week separated by three days. i.e. Monday and Friday.

This phase may not be ideal for small children, since they may find it difficult to retain the drop under the tongue for the required time. In that case you can also put the dose of turpentine on the soles of the feet and on pulse points.



Remember:

first several days in a row of adaptation and then two days a week with your ideal dose

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### Phase 3: Oral dose.

If you want to move forward following phase 1 and phase 2, you can move on to phase 3 where we take Essence of Turpentine orally, in a glass with water, juice or similar. You can add some sweetener to taste. It should be mixed well.

Here we start again with a minimum dose and increase little by little.

If you are an adult, you can start with 6 drops, and increase each day another 6 until reaching 48 drops as the maximum recommended dose.

If you experience discomfort, i.e. with 30 drops, you can go down to 25 and mark that number as if ideal dose. You can try to increase again later.

It doesn't matter if it takes 4 days or 12 days to reach the ideal dose. When you reach 48 drops continue for a few weeks (whatever is comfortable) taking turpentine two days a week separated by three days, i.e. Monday and Friday.



Remember:

first several days in a row of adaptation and then two days a week with your ideal dose

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## Phase 4: Maintenance - You already have your ideal dose.

Once you have tried and tested the different methods of ingestion and have found your tolerance, continue with the preferred method (oral or sublingual), and take it two days a week, spaced out by three days. For example: Monday / Friday. You can also alternate and take it sublingual one day and orally the next.

It is good to alternate between the different methods, as they act in different ways and will help you cleanse and regenerate in different ways.

Continue in this maintenance phase 4 as long as necessary, until your condition or your symptoms disappear.

Remember:

two days a week with your maximum dose until your symptoms disappear.

## Some recommendations

It is normal to experience turpentine odor in breath or stool at the beginning, if it persists, you may decrease your dose.

As we decrease the amount of pathogens in the body, we will be needing less and less

Some people may feel as if they are drunk as candida is eliminated, if that happens, drink a lot of water. If it happens again with the next dose, lower it. The feeling of drunkenness should pass within a few minutes.

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Adjust the amount to your condition and your body's reaction to turpentine. Turpentine is very potent, but taking more than recommended is not going to be more effective, just the opposite. The more you expel from your body, the better. The sicker the person feels and the longer they've been ailing, the slower the increase in dose must be.

Once you have gone through the adaptation phases, you do not have to repeat them again if you decide to take a break or stop for a while.

When starting a cleanse, it is recommended to prolong it for at least three months of treatment, even if their problems have disappeared the first month.

The more problems and the longer you've had them, the longer the process will be. Once you feel recovered, continue one or two more weeks, and continue reducing the doses until you take turpentine twice a year, to keep your body clean.

Turpentine will only be taken two days a week, so it should not feel heavy.

In case of autism, you can vary the dose depending on the child's situation, since they will not always need the same dose. See the turpentine in autism group on Facebook for more. Likewise it should be continued until the child is fully recovered.

You can also use it for daily skin care by adding one drop of turpentine to two drops of carrier oil of choice

It can also be used to treat redness, itching or hives, which can occur during the protocol when candida and other toxins are released through the skin.

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## REMEMBER!

**Step 1:** Regularize bowel movements and get 2 daily defecations three days prior to beginning turpentine, attempting to maintain after

**Step 2:** Phase 1 - Adaptation - Topical method

**Step 3:** Phase 2 - Sublingual (or topical in children)

**Step 4:** Phase 3 - General - Oral method

**Step 5:** Phase 4 - Maintenance - method chosen or combined

## REMEMBER!

**Step 1:** 

**Step 2:** 

**Step 3:**  or  in children

**Step 4:** 

**Step 5:** Phase 4 - Maintenance - method chosen or combined.

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## AUTISM

If you are doing this protocol for autism and are new to this topic, you should begin with the ATEC test to know at what point you are and repeat it every so often to assess improvement. You can take the test at the following address:

[www.tatec.ml](http://www.tatec.ml)

The collaboration and cooperation of people is vital in order to be able to define the protocol in the most accurate manner possible. If you wish, you can share the Atec data with us every time you take it, to have a more accurate picture of the improvement in children.

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### DOSES IN ANIMALS

It is very important to deworm pets, since they are the vehicle parasites use to get to us. It is especially essential in the home of a child with autism.

1 drop of turpentine is used for each kilogram of animal's weight.  
Mix with the same amount of coconut or olive oil, and rub on the pet's belly.

You can also give it orally on a piece of bread or other food.

After a week of treatment, you will notice worms in the animal's feces. Continue with their dose once a week until the stools are clean.

**Much luck on this journey!**

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## FREQUENTLY ASKED QUESTIONS

**1.- I typically defecate daily, is it necessary to take laxatives?**

If you defecate regularly consistently, there is no need for a laxative.

**2.- Is it necessary to defecate several times a day while taking turpentine?**

The important thing is to "open the exit door", because if we don't open it, they don't leave and if they don't, they are going to stay lodged in the intestine causing discomfort. The more bowel movements, the greater the effect. In general, if you eat three times daily you should defecate three times daily. If you feel discomfort and defecate less during the protocol, take a laxative and the discomfort will pass as soon as the intestine empties.

**3.- Do I have to wait until the full moon to begin taking turpentine or can I start any day?**

You can start any day.

**4.- Can I supplement turpentine with diatomaceous earth or mebendazole?**

DO NOT. Turpentine must work alone, you can not use anything that "kills" parasites.

**5.- Can I do enemas?**

Enemas are not part of the protocol and we do not advise them. Do them only if urgently needed with a small amount of warm water and oil.

**6.- Is turpentine paint thinner?**

Turpentine is a vegetable product, it is a distillate of pine tree resin. Paint thinner is a mineral product, a distillate of crude oil

**7.- Does turpentine eliminate bacteria and viruses?**

Correct, it eliminates parasites, fungi, bacteria, viruses and promotes cell regeneration.

**8.- Can I take turpentine if I am feverish, sick or have a cold?**

All the more reason to take turpentine, as it will help you eliminate what is making you sick.

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